

# Tools For Action

An inventory of nutrition and physical activity interventions in Wisconsin

Program Name

## Wisconsin Nutrition Education Network

### Contact Information

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| <b>Title of Main Contact</b><br>Coordinator  |
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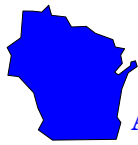
### Program Information

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| <b>Type of Program</b><br>Coalition  |
| <b>Year Coalition was Formed</b><br>1996   |
| <b>Primary program focus</b><br>Both Physical Activity & Nutrition   |
| <b>Region</b>  |
| <b>County</b><br>Statewide   |
| <b>Coalition Web Site Address</b><br><br><a href="http://www.nutrisci.wisc.edu/nutrinet/index.htm">http://www.nutrisci.wisc.edu/nutrinet/index.htm</a> |

### Program Information

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|---|---|
| <b>Represented Groups on Coalition</b><br>Community<br>Government<br>Health Care<br>Health Dept<br>Schools<br>University<br>UW-EX<br>WIC<br>Other | <b>Represented Professions on Coalition</b><br>Dietitian<br>Educator<br>Physician |
|---|---|

A Wisconsin Nutrition and Physical Activity Program



# Tools For Action

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Intervention Name

## Stepping Up to a Healthy Lifestyle

### Intervention Information

|   |   |
|---|---|
| <b>Type of Intervention:</b>            | Physical Activity & Nutrition Resource        |
| <b>Focus Area:</b>                      | General Physical Activity & Nutrition         |
| <b>Intervention Site or Setting:</b>    | Community                                     |
| <b>Scope of Intervention:</b>           | Statewide                                     |
| <b>Target Audience:</b>                 | All races, genders and ages                   |
| <b>Total Population in Area Served:</b> | 316,000                                       |
| <b>Number of Participants:</b>          | Don't know yet, campaigns reports are not in. |
| <b>Implementation Status:</b>           | March 1-August 30, 2005                       |

|   |   |
|---|---|
| <b>Partners:</b>                                | We have 200 community partners  |
| <b>Unique Funding:</b>                          | Gift from Roundy's  |
| <b>Evaluation:</b>                              | Units Provided<br>Impact on Knowledge, Attitudes & Behavior<br>Service Data and Direct Observation – One-time |
| <b>Evidence-Based or Best Practice based on</b> | Abstract and conversation with researcher   |

### Products Developed or Materials Used:

Our campaign was patterned after the Florida International University's Steps to Healthy Aging--Eating Better and Moving More curriculum.

### Intervention Description:

The curriculum was tested in two low income areas--one in Florida and one in Iowa. Activity increased by 49% from baseline to completion (10 lessons). Both nutrition and physical activity lessons were taught. The Steps to Healthy Aging demonstrated that a community based physical activity intervention with a low-income minority population can be successfully implemented.

A Wisconsin Nutrition and Physical Activity Intervention